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Welcome to the New **School Year!**



Welcome Back! It's been a busy year here at the Utah State Office of Education. There are a few developments we want you to know about. This office has contracted with Dynamic Internet Solutions to develop a web-based claiming and record-keeping system for us. This system will allow you to submit electronic claims and electronic agreement updates. Currently, we expect the Summer Food Service Program module to be the first available on the system, and expect to make the change before the summer of 2008. We will keep you posted!

We have a full complement of employees on the school team: Charlene Allert, Assistant Director; Kimberly Loveland, Melissa Youngman, Louise Frey, and Terra Everett, Specialists; Elaine Jensen, Analyst; and Kathy Kirk, Technician.

Leslie Knowlton is our new research analyst in Finance. You'll be getting the free and reducedprice survey and verification report requests from her in September.

We wish you all a productive year! If there is anything you have questions about, please contact

Luann Shipley, Director, Child Nutrition Programs

Welcome back! We're in the last year of a five-year cycle for Coordinated Review Effort (CRE) and School Meals Initiative (SMI) reviews. All School Food Authorities must have participated in one of each of those reviews by the end of the 2007-08 review year. This puts a lot of pressure on our office to get the reviews conducted! If you're new on the program this year, we'll be working with you to get both of these reviews done before the end of the year.

We will also be conducting Technical Assistance reviews for the CRE and SMI. If you have questions about procedures or policies, we'd love to answer them! Each district or charter school has its own specialist. Expect a letter from your specialist soon. If you have questions they can't answer, please telephone me at 801-538-7563.

We look forward to meeting with you at the Fall Business Meeting/Commodity Training!

Charlene Allert, Assistant Director, Child Nutrition Programs

In the News...

Congratulations to Mt. View Elementary in Ogden for winning the First Annual Eat Smart, Get Moving Award sponsored by the Dairy Council and SNA. The school was recognized at ANC in Chicago.

Food is a universal language.

-Unknown

Issue Highlights

- Market Free and Reduced-Price Applications
- Werification
- Best Practices: Breakfast
- 🦥 Food for Thought: Fiber
- 🤏 Commodities Update
- 🕙 Calendar of Events
- Teatured Recipe: Bran Muffins

Free and reduced-price application approval during fall start-up is always a challenging task. The most important part of the process is to assure that all those involved are trained! The State Office offers yearly training and on-site trainings to all School Food Authorities. Here is a summary of that training.

The first step is to determine what type of application you have received. They fall into three categories: direct certifications, categorical applications, and income applications.

Direct certifications are letters sent out by Workforce Services and the Office of Education; there are also electronic lists of those families who automatically qualify for benefits.



Prior-year applications are only valid for the first 30 operating days of the new

Categorical applications are those in which the applicants indicate the children listed participate in the Family Employment Program (FEP), Food Stamps, or Food Distribution Program on Indian Reservations (FDPIR). They need only list the name and case number of the child and have an adult's signature to be considered.

Income applications are those in which the applicants list the income of all family members. This type of application needs five items of information to be considered for benefits. The application needs to have the names of everyone in the household, the income of everyone in the household, each source of income, the signature of an adult, and the Social Security number of the adult signing the form (or an indication he/she doesn't have a SS#).

Well, that's it in a nutshell. If you need more help, take a look at the *Eligibility Guidance for School Meals* manual in your <u>Supplementary Materials</u> binder, or telephone your specialist.

Verification

What do all schools offering free and reduced-price lunches have in common? If you said "verification," go to the head of the line.

There are three methods of conducting verification of free and reduced-price applications. The method most schools must use is called "basic," and in it you must verify three percent of all the applications you've received. If you have

worked hard to get families to respond to your prior-year requests for verification, you may qualify for Alternate 3%

or Alternate 1% Plus method. How do you tell which method you must use? Look at your Schedule A. Every year, Leslie Knowlton, our CNP research analyst, coordinates the collection of all verification results.

The verification process starts in Octo-

Charlene Allert, NSLP Assistant Director

ber by counting the number of approved applications on file.

We have guides for all three verification methods. If you'd like one, contact your specialist.

Oct. 1st—Count applications on file. Nov. 15th—Verification completed. March 1st—Report due to SA. All SFA's must complete verification every year.

Best Practices: Breakfast



Research shows kids who eat breakfast have improved memory, problemsolving, verbal, and creative abilities. Eating school breakfast results in higher math and reading scores. Research, including that from Harvard University and the University of Minnesota, also points to improved classroom behavior and students being ready to learn. Teachers report higher attendance in class and less class dis-

ruption from complaints of hunger. The majority of students who eat breakfast say they feel good, are happy, and are more alert at school. In comparison, the students who do not eat breakfast say they feel bad, sick, and bored in school. The School Breakfast Program can be applied in a variety of ways. Students may eat breakfast in the cafeteria, which encourages students to socialize and interact. Eating in the

Melissa Youngman, Specialist

classroom is beneficial to students who do not otherwise have time to eat. Breakfast could be served while roll is being taken. Students may also eat after their first class. This gives staff members more time to prepare, and is good for students who aren't hungry early in the morning. Grab 'n' go breakfast or breakfast on the bus is also a fast and convenient way to provide nutritious hand-held items.

VOLUME 1, ISSUE 1 LEARN RIGHT, BEE BRIGHT



Great news! Instead of researchers telling you to eat less, they are now telling you to eat more—more dietary fiber, that is

Dietary fiber is a special carbohydrate found on the outer layer of many plants. It is neither digested nor absorbed; it passes through the digestion system without being broken down into nutrients.

Fiber helps to curb overeating, slow fat absorption, lower blood levels of LDL cholesterol (the harmful kind), and promote regularity. Fiber also helps lower the risk of developing certain conditions such as heart disease, cancer, diabetes, diverticular disease, and obesity.

The two types of fiber are soluble and insoluble. Soluble fiber is found in dried beans and peas, oat bran, rice bran, barley, and fruit pectin. Soluble fiber ab-

sorbs water in the intestines and mixes into a gel; this gel substance helps to slow the rate of glucose digestion and absorption into the bloodstream.

Insoluble fiber does not dissolve in water; rather, it absorbs many times its own weight in water. It helps to increase movement of material through the digestive system and adds bulk and softness to stool. Insoluble fiber is found in most plant skins, leaves, and peels, and the coverings of whole grains, wheat bran, and nuts.

Because different kinds and amounts of fiber are found in different foods, eat a variety of fruits, vegetables, whole grains, legumes, and other high-fiber foods to get the greatest health benefits.

Americans consume an average of 14 to 15 grams of dietary fiber daily. That is considerably lower than the daily 20-35

grams recommended by the American Dietetic Association. Children over the age of two need the number of their age plus five grams of fiber daily.

Tipping the Scale in Favor of Fiber

- Consume whole fruits and vegetables with edible skins instead of juice. Take advantage of ready-to-use vegetables.
- Eat more beans.
- Choose a high-fiber cereal for breakfast. Eat more whole grains and whole-grain products like brown rice, barley, and whole-wheat pasta.
- Make snacks count. Fresh and dried fruit, raw vegetables, low-fat popcorn, and whole-grain crackers are all good choices.
- Cut back on refined foods, from which fiber-containing parts have been removed.
- Drink plenty of water.

Commodities Update

Say Cheese!

The mozzarella cheese supply is currently very tight, and prices are high. Because of this, USDA had to fair share the mozzarella orders to ensure all states receive some cheese. An e-mail was sent to everyone with the adjusted quantities. If you have any questions concerning the cheese, give Barbie or Char a call. A direct link to ECOS and commodities can be found at http://www.schools.utah.gov/cnp/FDP/default.asp.

SAVETHE DATE

Commodity Workshop at the
Utah Cultural Celebration Center,
October 11, 2007—Chance to
view and sample commodity
processed items.

Barbie Faust, FDP Specialist

2007-08 Delivery Schedule

August 13-14 September 10-21
October 15-26 November 5-16
December 3-14 January 7-18
February 11-22 March 10-21

April 21-May 2

Changes must be submitted via fax or e-mail by the date indicated on the warehouse release.

Upcoming Events

National Food Safety Education: "Viruses: They're in

Your Hands." Visit http://www.fightbac.org

Celebrate Health! Find daily tips for better health at http://www.fruitsandveggiesmatter.gov/ health professionals/calendar september.html

National School Lunch Week Oct. 15-19, 2007. Visit http://docs.schoolnutrition.org/

meetingsandevents/nslw2007/nslw.asp



Remember to update your ServSafe and Food Handler's Certifications.

September—National Food Safety Education Month



September—Fruits & Veggies—More Matters Month

October 1—Begin Verification

October 11—Fall Business Meeting/ Commodities Show

October 15-19—National School Lunch Week

November 15—Complete Verification

"Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential."



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Submissions, suggestions, and comments are welcome.

Have a Wonderful and Tasty Year!

Bran Muffins

2 cups 100% bran cereal 2 cups boiling water

3 cups sugar 1 cup butter

1 teaspoon salt 1 quart buttermilk

4 eggs 5 teaspoons baking soda

5 cups whole wheat flour 4 cups bran flakes cereal

Pour boiling water over 100% bran cereal in a medium bowl and let sit. Cream together sugar and butter in a large bowl. Mix in all other ingredients except bran flakes cereal. Add bran flakes cereal; stir until moist. Let mixture sit for an hour before baking. Bake at 400 degrees for 18 to 20 minutes in a greased muffin tin. Muffin mix can be stored in the refrigerator for 3 to 4 weeks. Muffins can also be frozen after they are baked. Recipe yields approximately 52 muffins, with 4 grams of fiber each.

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